



SSAIC

Saskatoon Sexual Assault
& Information Centre

2018-2019
ANNUAL
REPORT

Co-Chairs Report

As Co-Chairs of the SSAIC Board of Directors we are pleased to present the report for the 2018/2019 fiscal year. As a Board of Directors we are very proud of the work our staff does on a daily basis in addressing the needs and supporting survivors of sexual violence in our community.

Our Centre has made a significant impact in increasing community awareness and understanding of sexualized violence and in working with community partners such as the Saskatoon Police Service and OUT Saskatoon. In addition, we are extremely pleased that SSAIC has been selected by our Federal Department of Women & Gender Equity to receive a Capacity Building Grant for the coming year.

We wish to acknowledge critical funding from Saskatchewan Justice, the United Way, and the City of Saskatoon. We further recognize the grants and support provided to us this year from the Saskatchewan Law Foundation, the Community Initiatives Fund and the Can/Sask Job Grant which allowed us to carry out specific activities from our Strategic Plan and fund professional development for our staff. We also wish to acknowledge Saskatoon Public Schools and the Greater Saskatoon Catholic Schools who are our partners in offering our “I’m the Boss of Me” Childhood Sexual Violence Education program, as well as the Prairie Action Foundation and Raymond James who also provided funding for that program.

The Luncheon En Vogue, our major fundraising event of the year, was an outstanding success, highlighted by an incredibly powerful presentation by a survivor who revealed her experience and the support received from her counsellor at SSAIC. We wish to thank all community organizations, businesses and individuals who have contributed to the success of this event with their donation and /or participation.

Our Executive Director worked with the Advisory Committee to develop the Saskatchewan Violence Action Plan to assist the provincial umbrella organization, Sexual Assault Services of Saskatchewan (SASS’s) development of a long-awaited provincial action plan responding to sexual violence. The plan, announced in May, includes sections addressing prevention and education, support and intervention, responsive legal and justice systems and collaborative leadership and accountability, and will serve all Saskatchewan residents well.)

Our board has continued to ensure that it is well-versed in the challenges faced by our staff as they respond to the increasing demand for our counselling services, partially resulting from the #MeToo movement, while also attempting to meet our other strategic goals and priorities. Continuing with our Strategic Plan, we have strengthened our governing structure with a number of important policies which will help to guide our work going forward.

We commend the work of and express our sincere appreciation to our Executive Director, Faye Davis, for her excellent leadership and commitment to our organization. We also commend the work of all staff members for their continued delivery of high-quality service to clients and community and for their unwavering dedication to the challenging role of SSAIC. Finally, we wish to recognize the members of our voluntary board for sharing their expertise and commitment in support of the mission and the critical work of the SSAIC.

Respectfully Submitted,

**Ev Burnett and Carrie Roblin, Co-Chairs
SSAIC Board of Directors**

Message from the Executive Director

Since reporting to you all last year the #Me Too Movement has continued to shine a light on the high rates of sexual victimization in society. These survivors were brave and shared their stories about the sexual victimization they have endured so that others could stop suffering in silence. We, as citizens of this province and of this city, now need to break our silence as well. It is now time for the rest of us to answer the call survivors have made, to break our silence, and begin the work we need to do. We hope that the release of The Saskatchewan Sexual Violence Action Plan and its 22 calls to action will result in a more comprehensive response to sexual violence in Saskatchewan. We will certainly do what we can to work with others in our community who wish to answer these calls.

It has been quite a year. As the demand for our counselling services continues to grow we have made what changes we could to our services which would enable us to continue to offer some valuable level of services to all survivors who reach out to us for help.

- We have made the difficult decision to limit the number of individual counselling sessions we can provide to any one client to 12. We use these 12 sessions to provide education about the traumatic effects of sexual violence so they can understand and normalize what they are experiencing, help them build back their stability and strength, and provide them with tools they can use to continue to heal. The impacts of sexual victimization can be devastating and long lasting, especially for those who were victimized as children and have been struggling in silence for years. We will continue to advocate for much needed longer term supports for survivors.
- In May of 2018 we changed the way we deliver our Crisis Line services and made another difficult decision to no longer offer hospital accompaniment services. We have been incredibly fortunate in being able to work with the Saskatchewan Health Authority, Emergency Services Department, and their team of Social Workers, who have worked with us to fill this gap and respond and support, whenever possible, sexual assault survivors in Saskatoon emergency rooms.
- We have reorganized our Public/Community Education services as we no longer have the resources to respond to all requests for sexual assault education. We are very proud to be able to continue to offer our school-based Childhood Sexual Abuse Education Program “I’m the Boss of Me”, which is delivered to Grade 4 students in partnership with Saskatoon Public Schools and the Greater Saskatoon Catholic Schools. We will continue to offer our First Responder to Sexual Violence training for professionals so they can receive sexual violence disclosures and refer to services with confidence. We will also continue, to the best of our ability, to work with other non-profit and partner agencies to meet the needs of survivors whom they also serve.

I am very proud to be a part of the team of passionate, smart and dedicated staff who work at SSAIC. They are the best of the best and I feel grateful and honored to be working with them. I wanted to also thank the large teams of program facilitators for our “I’m the Boss of Me” Child Abuse Education program as they actually deliver the program in the classrooms. We couldn’t do this important work without them. Lastly, I also wanted to thank the Board of Directors and Committee Volunteers whose work keeps the agency running. They generously lend their time and talents to SSAIC to ensure we are governed well, have the financial stability to do our work, and that we stay focused on our mission and values. Thank you for your tireless support.

Respectfully submitted,

Faye Davis
Executive Director

Client Services Report

“The work of #MeToo is about healing; it’s about healing as individuals and healing as communities”

- Tarana Burke (founder of the #MeToo movement)

The awareness raised by the #MeToo movement has given voice to the realities SSAIC has been working with for decades. The work of the SSAIC Client Services Team is about healing. In addition to highlighting the prevalence of sexual assault, #MeToo has given voice to the impacts that sexual assault and abuse has on survivors and helped to debunk many of the myths about sexual violence and how a survivor is supposed to behave, what they should say, what they should do or not do. It is not only the abhorrent act of sexual violence itself that makes this issue important, it is the devastating and often long-lasting impacts that survivors and communities are left to heal from.

SSAIC supports the healing needs of people of all genders over the age of 12 who have been impacted by sexualized violence through individual and group counselling and our 24-hour crisis line. During the past year, SSAIC provided counselling services to 408 new clients in addition to 202 crisis line calls and 49 information and support calls for a total of 659 new clients. 63 group sessions, including Open Group programming, Teen Group, Women’s Group and Trauma-Informed Yoga were provided to 87 survivors of sexual violence. A total 2,199 counselling sessions or follow-up supports were provided in 2018-19.

I know now I am not alone. I definitely have less depression. I have hope that my life will get better and already is. I’m no longer totally isolated. Because of the coping skills I have learned, I have less anxiety – I can stop being in victim mode and be proactive! Thank you, you helped save my life!

- SSAIC Client

This past year, Counsellor Kathie Pruden-Nansel and Office Assistant Kat Jones conducted a research project, with the support of the Client Service Team, in order to draw a more complete picture of the experiences of our clients. The data gathered reveals the complexities of the impacts faced by survivors and thus what the work of healing might look like. A large percentage of our clients have experienced multiple sexual assaults/abuse across their lifespan, often wait years before disclosing and seeking help, and are dealing with a constellation of complex impacts at the time of accessing our services.

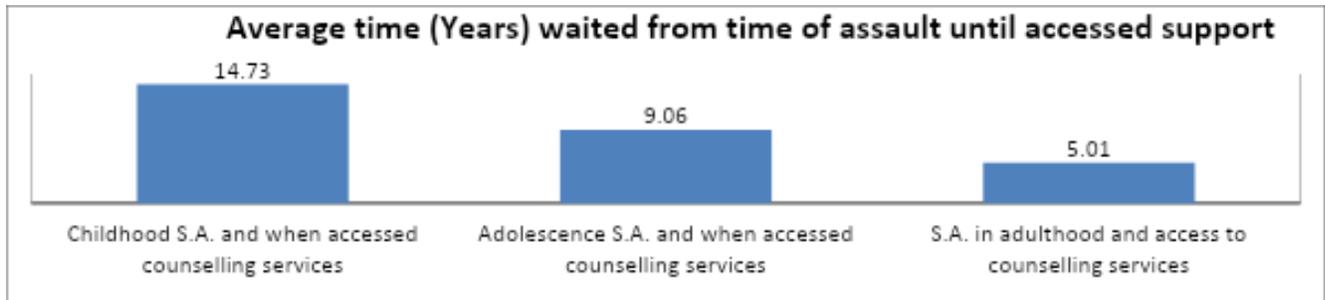
Information was gathered from the Intake forms of 65 randomly-selected client files. 55 of those files were primary clients or clients who had directly experienced sexual violence. The following data is representative of those 55 clients:

60% (33) experienced sexual abuse in childhood

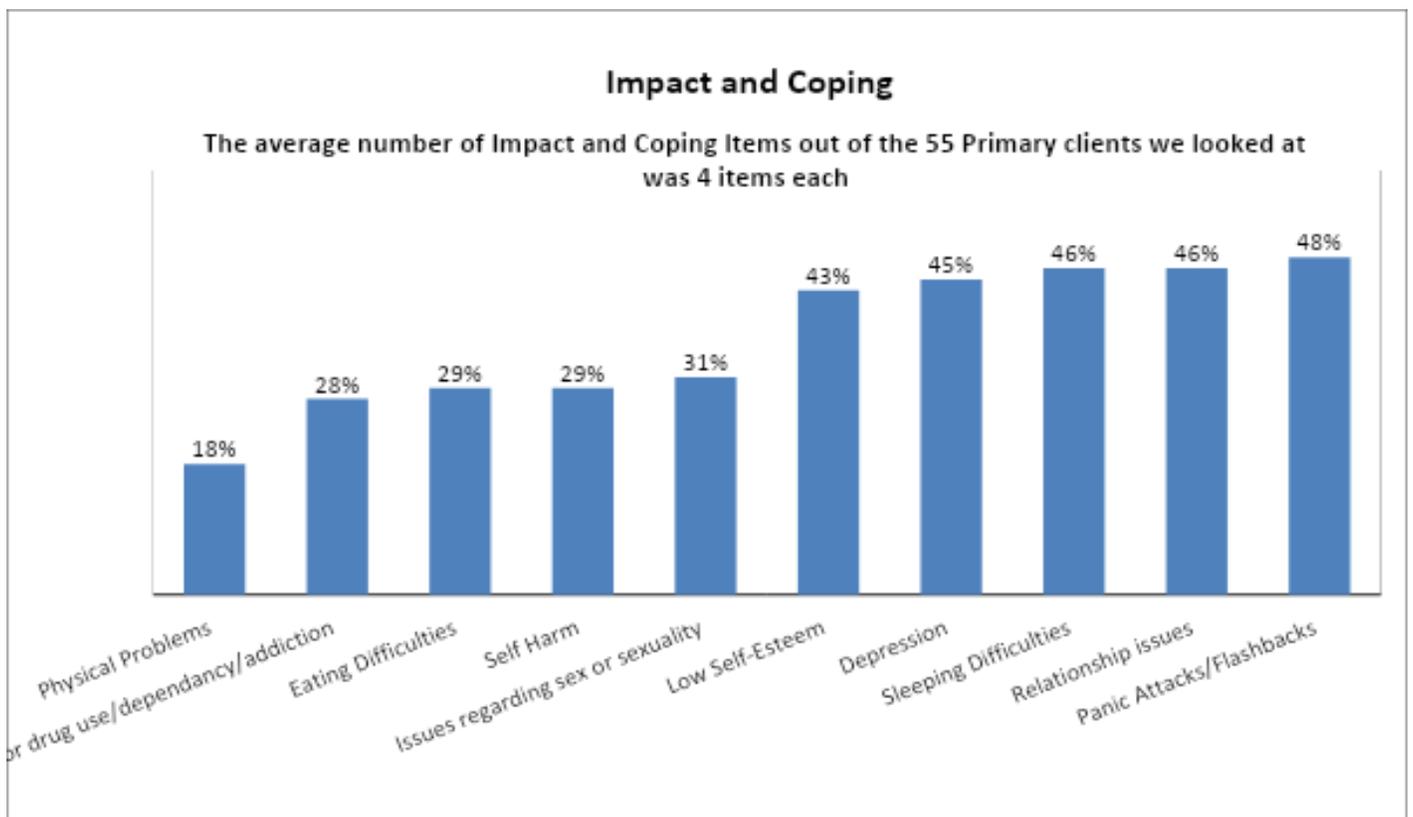
62% (34) experienced multiple sexual assaults

49% (27) experienced both childhood sexual abuse and multiple sexual assaults

A common misconception is that someone who has been sexually assaulted will seek help immediately; on average, our clients waited 9 years before accessing support.



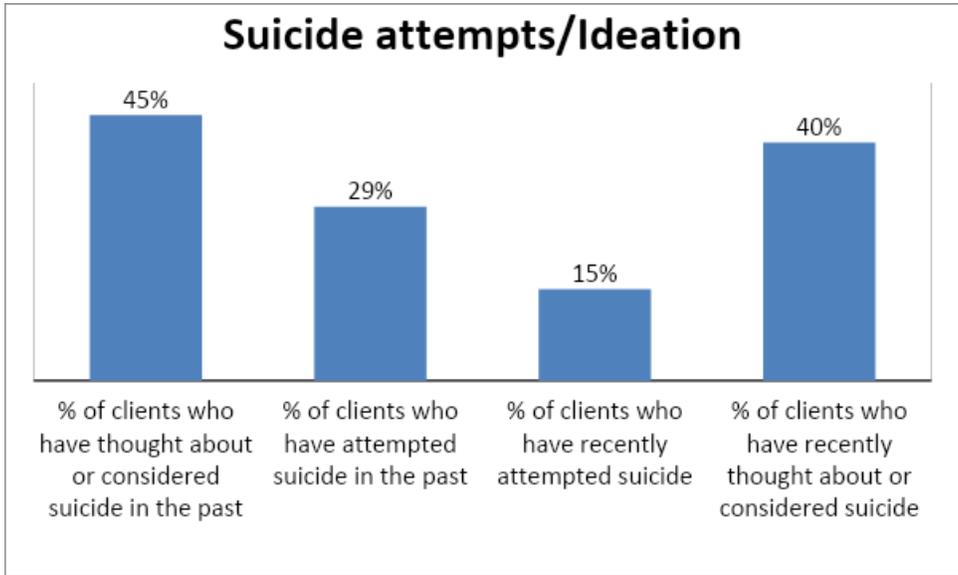
Experiences of sexual violence can impact all areas of a survivor’s life and well-being. SSAIC clients indicated experiencing an **average of 4 of the following impacts:**



Many survivors who access support at SSAIC have sought help in the Mental Health System and Psychiatry.

55% of clients have been diagnosed with a mental illness, with depression, anxiety and post-traumatic stress disorder being the most common.

Coping with the impacts of sexual violence can lead to a sense of hopelessness and despair. All SSAIC clients are assessed for suicidal risk. **40% of clients have recently contemplated or had thoughts of committing suicide and 15% have recently attempted.**



Before, I had regular bouts of panic attacks and anxiety and felt so overwhelmed. Now my anxiety is more manageable and I was taught proper tools to deal with my challenges. Before I was suicidal and had suicidal ideations on a regular basis. After almost 2 years of counselling the ideations are very rare.

- SSAIC Client

In my role at SSAIC, I am reminded on a daily basis of the profound difference that our counsellors make in the lives of our clients. In 2018-19, SSAIC Client Services Team consisted of the following talented counsellors: Dolores Cennon, Erin Redekop, Kathie Pruden-Nansel, Stephanie Locke and Morgan Price. In April 2018 SSAIC staff and clients said good-bye to long-term counsellor, Dolores Cennon. We thank Dolores for her years of dedicated service to SSAIC and wish her well in her much deserved retirement. We also said goodbye to our clinical supervisor, Maureen Graham and thank her for years of guidance and support.

Each counsellor at SSAIC acknowledges and bears witness to the harm caused by sexual violence. It is with this understanding that the capacity to heal and change is engaged. I am grateful to work for an organization and with a team that is committed to such important and meaningful change.

Respectfully Submitted,

Megan Sawyer
Client Services Coordinator

Luncheon en Vogue Report



15TH ANNIVERSARY CELEBRATION

*Luncheon
en
Vogue*

A fundraiser
for the Saskatoon
Sexual Assault &
Information Centre



**Tickets for the 15th Anniversary
Celebration of the
Luncheon en Vogue
on sale now**

\$65 each or \$520 for a table.

Purchase online at: www.ssaic.ca/LEV18



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The 2018 Luncheon en Vogue was a 15th anniversary celebration that included a complete rebranding of the event. We exceeded the fundraising goal by \$5,945, and saved an additional \$1,808 in costs, with a total of \$19,850 in sponsorship dollars from 14 corporate contributors.

The 50-50, Wall of Wine, and Hillberg & Berk prize draws were all popular with our 350+ guests, and the keynote address by client and corporate sponsor Melanie Mensch left no dry eyes in the room. Emcee Ryan Flaherty of Global TV kept the program moving at a consistent, upbeat pace, and 11 police models walked the runway in style wearing fashions from Paramount DaySpa Salon Boutique, the Shoe Boutique, and Anthony's Fashions.

Every effort was made to minimize the impact of LEV pre-event preparation on the office day-to-day and there was a marked decrease in staff time commitment leading up to the event; in all, a huge success.

As part of the LEV 2018 planning, two new committee members were tapped for the upcoming year to help with event planning and management (Colleen Shalley, Infinity Management) and ticket sales (Caval Olson-Lepage, Business and Professional Women Saskatoon).

We received complimentary coverage in the local media post-event, and overall there was a feeling of success and accomplishment from the organizing committee, Board, and staff.

Respectfully Submitted,

Megan Evans
Manager, Communications & Development

Public Education Report

Public Education Presentations SSAIC provided a total of 40 presentations and public education activities to 1,087 participants within Saskatoon and surrounding area totalling 171 hours of public or professional education.

- We provided 5 sets of 2-day First Responder to Sexual Violence Training to 88 professionals who indicated that they may receive a disclosure of sexual violence in the course of their work.
- In addition to our First Responder Training, SSAIC provided 11 workshops and training to 295 professionals (including the Saskatoon Police Services in Patrol, Work Teams at Dube Mental Health Centre, SIIT Student- Support Work Team, Hospital Social Workers, Saskatchewan Health Authority, Saskatoon Victim Services Workers, Provincial Training, College of Medicine training of International Graduate students).
- We participated in 2 information fairs/displays: in May, we shared our resources at the YXE Connections event in the Inner City sponsored by the United Way, and at Take Back the Night on September 13, 2018. The event is hosted by the Saskatoon Women's Community Coalition in which SSAIC is a member.
- SSAIC reached 90 Elementary and High School Students through 4 presentations focusing on consent, sexual assault and healthy sexual relationships.
- We provided 8 In-House sessions to 102 staff and/or clients of vulnerable or high risk community agencies including: YWCA Shelter, Margaret's Place, Global Gathering and Women's Wellness, Kilburn Hall, Girls' Open Custody, One Arrow Reserve Women's Group, Crocus Coop, and MACSI)
- SSAIC distributed approximately 2213 educational materials on sexual assault and sexual abuse including booklets, posters, pamphlets, cards, and brochures. The website upgrades have allowed us to direct agencies and individuals to our website where more of our material is now available on-line and in an easily printable format saving us printing costs.
- **SSAIC's "I'm the Boss of Me" Childhood Sexual Abuse Education Program** is a school-based program delivered in partnership with the Saskatoon Public School Division and Greater Saskatoon Catholic School Division to Grade 4 Students. The program teaches children to understand the meaning of abuse, lets them know that if it happened to them or someone they know that it is never their fault, that they should never keep it a secret even if told to do so, how to identify a safe adult to tell, and how to stand up for themselves and say "no" to touching or behaviour that makes them uncomfortable. The program is presented through teacher-delivered pre- and post-show lesson plans, and an age appropriate puppet show followed by small group discussion to reinforce and further explain the contents taught. We work closely with School Counsellors from both School Divisions who attend most presentations and support children who disclose or are impacted by the material.
- We delivered 128 school based presentations
- We reached 3,368 Grade 4 children
- We had 42 active program facilitators (volunteers who were paid an honorarium) who acted as program narrators, puppeteers and small group discussion leaders. These facilitators came primarily from post-secondary institutions such as Nursing/Medicine/Education/Social Work/Indigenous Studies/Policing. About ½ of the program facilitators returned to us from a previous year.

SSAIC Website

- We had 24,095 website visitors this year which averages to 2,008 users viewing our website each month. We had 9,677 visitors to our website last year so this represents a 149% increase in users going to the SSAIC website compared to last year at this time. This increase is reflective of how the public has moved away from traditional ways of seeking information and reflects how we must also now focus our public education to updating and refreshing our website with additional content as it is the main platform through which we can reach the public.
- We currently have 581 newsletter subscribers signed up through our website; this has increased 72% over the same time period last year.

SSAIC Facebook Page

SSAIC has increased our Facebook presence, using it to advertise agency public education and fundraising events, job postings, recruit volunteers, thank donors, share educational information and repost relevant media content. We currently have 1,344 followers on our Facebook page which is up by 25% over this time last year.

From April 1, 2018 to March 31, 2019 we have had:

- 4,947 Page Views (individuals going directly to our Facebook page)
- 170,861 Total Reach (the number of times we appeared in people's Facebook news feed)
- 83,457 Post Engagement up from 47,178 or 77% last year at this time. (The number of times individuals interacted with our posts in their newsfeeds by liking it, commenting on it or sharing it with others). We believe that our Facebook page will continue to be an important medium through which we share information and conduct public education, and that the number of those interacting with our agency will continue to grow the longer we are actively using this medium.
- SSAIC has had twenty-two (22) contacts with the media. Media interest centred on: sexual assault awareness week, Statistics Canada release of Police-reported sexual assault data, our annual fundraiser, and our increased demand for Counselling services since Canada's #Me Too Movement began in 2015.

Staff Members 2018-2019

Faye Davis, Executive Director

Megan Sawyer, Client Services Coordinator

Kathie Prudent-Nansel, Counsellor

Stephanie Locke, Counsellor

Erin Redekop, Counsellor

Morgan Price, Part-time Term/Counsellor position from May 1, 2018 to March 31, 2019

Irene Hildebrandt, Executive Assistant

Katherine Jones, Office Assistant

Megan Evans, Manager, Communications & Development

Debbie Gsell-Danilkewich, Crisis Line Coordinator (Part-time). She was employed until April 30, 2018

Heather Pocock, Assistant Director/Public Education Coordinator. She was employed until July 15, 2018.

Board of Directors 2018-2019

Ev Burnett, Co-Chair

Carrie Roblin, Co-Chair

June Vargo, Treasurer

Shauna Bradford-Wilson

Renee Breckner

Jodi Earl

Candace Guist

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